

SCOTTISH UNIVERSITIES GYMNASTICS

LEAGUE 2026

ARTISTIC COMPETITION RULES AND INFORMATION



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General Information

Competition Attire

1. Gymnasts must wear attire that is safe to compete gymnastics in.
2. Gymnasts must not wear attire that will prevent the judges from being able to accurately judge the routine (e.g. no baggy clothing).
3. Gymnasts, at all levels, are permitted to wear a leotard with or without shorts/longs/leggings, and are permitted to wear a vest or tee with shorts/leggings.
4. Gymnasts are not permitted to wear jewellery when competing. If jewellery is unable to be removed, it must be sufficiently taped up.

Changing Category

1. If gymnasts have competed in a different competition series or format they must attempt to compete in a level which most similarly matches the highest level they have previously competed or above. Competing in a lower category will be considered moving down a category and will be subject to the following rules in 2.2.
2. If a gymnast wishes to move down a category, they must meet one of the following criteria and be approved:
 - a. Sustained an injury that prevents the gymnast from competing specific skills.
 - b. Has not competed in any gymnastics competitions within the past year, in this case the gymnast is expected to compete in a category that is appropriate for their current abilities.
 - c. Has encountered a significant life event which would prevent them competing on apparatus that they have previously competed on or at a level that they have previously competed at.

Artistic Apparatus Information

1. Vault will use the traditional WAG rules for all competitors.
2. Springboards are permitted for mounts to the apparatus as long as there is a coach present to remove it immediately after the gymnast successfully mounts.
3. Connection Value (CV) bonuses will not be awarded.
4. Unlisted uncoded elements will receive no difficulty value. Elements that are not listed in the relevant CoPs or contained within the relevant listed uncoded elements must be submitted for a difficulty rating to the SUGL Committee by the competition sign-up deadline prior to each competition. Submissions made after the competition sign-up deadline will not be considered for that competition.
5. Gymnasts should compete at the level appropriate for their ability. Routines that fail to achieve a score of 4 are ineligible to medal, regardless of the position they place.

NOVICE - Vault, Beam, Artistic Floor, Floor

Uncoded = 0.10 or 0.20 FIG A = 0.20 Moves of higher value are not permitted	Gymnasts may compete on up to 3 apparatus. The All Around score will be calculated by totalling the highest 2 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Asymmetric Bars, Pommel Horse, Rings, High Bar, and Parallel Bars are not available at Novice level. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam - 8 highest elements including dismount Artistic Floor/Floor - 8 highest elements Elements higher than an A are not allowed and no Difficulty Value or CR will be given if they are performed. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Repeated elements will not be counted for DV.			
Short Routine Penalties	On Beam, A-Floor, & Floor and exercise with fewer than 6 elements will be deducted 1.00 for each missing element.			
Apparatus	Vault	Beam	Artistic Floor	Floor
	FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible. Highest score of 2 performed vaults. No deduction if only 1 vault performed.	A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts.	FIG WAG Floor Regulations except acro lines where an acro line will be considered to be 2 directly connected elements; no flight required. Performed on a 12m x 12m floor to music Human voice may be used in music without the use of words e.g. humming, vocalising without words, whistling, chanting. Absence of music or music with words is a 1.00 penalty.	FIG MAG Floor Regulations except acro lines where an acro line will be considered to be 2 directly connected elements; no flight required. Performed on a 12m x 12m floor with no music
Requirements	Height of vault: 125cm, or 135cm 1 x springboard Competitors aged 40+ may opt for a vault height of 115cm and/or use a trampette instead of a springboard without penalty. DV 1.60 Squat Through Straddle Over DV 1.20 Squat on, Stretch Jump Off	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> - Spin on one foot - Connection 2 different dance elements - Leap or jump with 135° - 180° split (cross or side) or straddle - Hold or acrobatic non-flight element - A dismount element Only A & listed uncoded elements allowed B or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> - Acro line with min 2 elements (non-flighted allowed) - Mixed series minimum 2 directly connected elements - A dance passage of 2 different leaps / jumps - Acrobatic element forwards / sideways - Acrobatic element backwards Only A & listed uncoded elements allowed B or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> - Acro line with min 2 elements (non-flighted allowed) - A hold - Any 2 leaps or jumps connected - Acrobatic element forwards / sideways - Acrobatic element backwards Only A & listed uncoded elements allowed B or more – no DV

NOVICE - Vault, Beam, Artistic Floor, Floor

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	N/A	<u>Mounts</u> 01: Jump to Support, Kick Leg Over 0.2: Squat On 0.2: Straight Jump <u>Leaps, Jumps, & Hops</u> 0.1: Stretch Jump 0.1: Stretch Jump ¼ Turn 0.1: Changement (Twiddle Jump) 0.1: Tuck Jump 0.1: Star Jump 0.1: Hop on One Leg 0.2: Stretch Jump ½ Turn 0.2: Stag Leap <u>Turns</u> 0.1: Standing Relevé ½ Turn 0.1: Crouched Relevé ½ Turn 0.2: ½ Spin on One Foot <u>Holds</u> 0.1: Stork/Stalk Balance (2 secs) 0.1: Tuck Lever (2 secs) 0.2: Arabesque (2 secs) 0.2: Y-Balance (2 secs) 0.2: Straddle or Pike Lever (2 secs) 0.2: Splits (not from mount) (2 secs) <u>Acrobatic Non-Flight</u> 0.2: Pistol Squat 0.2: Handstand (no hold) 0.2: Forward Roll to Land on Feet 0.2: Backward Roll to Legs Either Side of Beam, or to Landing on One or Two Knees/Shins <u>Dismounts</u> 0.1: Stretch, Tuck, Star, or Straddle Jump 0.2: Cartwheel Rebounding Stretch Jump 0.2: Round Off 0.2: Cartwheel to Handstand Drop Down (Side of Beam) 0.2: Stretch Jump ½ Turn 0.2: Run (minimum 2 steps) Rebound 2 Feet Jump (Stretch, Tuck, or Straddle)	<u>Leaps, Jumps & Hops</u> 0.1: Stretch Jump 0.1: Stretch Jump ½ Turn 0.1: Changement (Twiddle Jump) 0.1: Tuck Jump 0.1 Star Jump 0.1: Hop on One Leg 0.2: Stag Leap 0.2: Tuck Jump ½ Turn <u>Turns</u> 0.1: ½ Spin on One Foot 0.2: Wolf ½ Turn <u>Acrobatic</u> 0.1: Teddy Bear Roll 0.1: Forward Roll 0.1: Forward Roll to Straddle Stand 0.1: Backward Roll 0.1: Backward Roll to Straddle Stand 0.1: Cartwheel (Sideways) 0.1: Cartwheel (Front to Back) 0.2: Backward Roll to Front Support 0.2: Handstand Forward Roll 0.2: One-Handed Cartwheel 0.2: Bridge Kickover <u>Holds</u> 0.1: Stork/Stalk Balance (2 secs) 0.1: Japana or Pike Lie Flat (2 secs) 0.1: Headstand with Tucked/Straight Legs (2 secs) 0.2: Arabesque (2 secs) 0.2: Y-Balance (2 secs) 0.2: Splits (2 secs) 0.2: Straddle Lever (2 secs) 0.2: Pike Lever (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Handstand (2 secs)	<u>Leaps, Jumps, & Hops</u> 0.1: Cat Leap 0.1: Scissor Leap 0.1: Stretch Jump 0.1: Stretch Jump ½ Turn 0.1: Changement (Twiddle Jump) 0.1: Tuck Jump 0.1 Star Jump 0.1: Hop on One Leg 0.2: Stag Leap or Jump 0.2: Split Leap or Jump 0.2: Stretch Jump 1/1 Turn 0.2: Tuck Jump ½ Turn 0.2: Straddle Jump 0.2: Wolf Jump 0.2: Pike Jump <u>Turns</u> 0.1: ½ Spin on One Foot 0.2: 1/1 Spin on One Foot 0.2: Wolf ½ Turn <u>Acrobatic</u> 0.1: Teddy Bear Roll 0.1: Forward Roll 0.1: Forward Roll to Straddle Stand 0.1: Backward Roll 0.1: Backward Roll to Straddle Stand 0.1: Cartwheel (Sideways) 0.1: Cartwheel (Front to Back) 0.2: Backward Roll to Front Support 0.2: Handstand Forward Roll 0.2: One-Handed Cartwheel 0.2: Round Off 0.2: Bridge Kickover <u>Holds</u> 0.1: Stork/Stalk Balance (2 secs) 0.1: Japana or Pike Lie Flat (2 secs) 0.1: Headstand with Tucked/Straight Legs (2 secs) 0.2: Straddle Lever (2 secs) 0.2: Pike Lever (2 secs)
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NOVICE - Vault, Beam, Artistic Floor, Floor

Barred Elements & Other Notes	Empty run with no contact of springboard or vault table = redo attempt with 1.00 penalty. Empty run with contact of springboard and/or vault table = no redo attempt with a 0 score. 2.00 penalty for coach support.	Coaches are encouraged to be present for dismounts (coach presence for dismounts will not incur a deduction). You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.	No flighted elements are permitted with the exception of round-off and dive roll. No deduction for lack of double salto. No acro line required. You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.	No flighted elements are permitted with the exception of round-off and dive roll. No deduction for lack of double salto. No acro line required. The gymnast must perform either a balance on one leg or a leap/jump with or without a turn to avoid a FIG 0.3 penalty.
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NOVICE - Vault, Beam, Artistic Floor, Floor

INTERMEDIATE - Vault, Asymmetric Bars, Parallel Bars

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B* = 0.20 Moves of higher value are not permitted. <i>*Dance elements only. I.e. leaps, jumps, hops, & spins on Artistic Floor and Beam worth value B allowed. No other value B moves permitted.</i>	Gymnasts may compete in up to 4 apparatus. The All Around score will be calculated by totalling the highest 3 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than an A are not permitted and no Difficulty Value, CR, or bonus will be given if they are performed, with the exception of dance elements (leaps, jumps, hops, & spins) on Artistic Floor and Beam, where B Value elements are permitted. No other value B moves are permitted and no elements above a value B are permitted. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Same element can only count once for DV EXCEPT on Bars and Pommel where FIG Coded A elements may be repeated once for Difficulty Value.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with less than 6 elements will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with less than 5 elements will be deducted 1.00 for each missing element.		
Apparatus	Vault FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible. Highest score of 2 performed vaults. No deduction if only 1 vault performed.	Asymmetric Bars FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty.	Parallel Bars As per FIG, 1x10cm safety mat allowed for dismount.
	Height of vault: 125cm or 135cm 1 x springboard Competitors aged 40+ may opt for a vault height of 115cm and/or use a trampette instead of a springboard without penalty. DV 2.00 Handspring ½ On DV 1.60 Squat Through Straddle Over DV 1.20 Squat on, Stretch Jump Off	Low Bar only Routine A Gymnast should fulfil 3 of the 4 CR's (0.50 awarded per CR, up to a maximum of 1.50): • A float element or upstart • Close bar circle element (excluding dismount) • Cast to minimum 90° (horizontal) • A dismount element Only A & listed uncoded elements allowed B or more – no DV	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): • An upper arm element • An underswing or long swing in hang element • A static hold element • A swinging element in support • A dismount element Only A & listed uncoded elements allowed B or more – no DV

INTERMEDIATE - Vault, Asymmetric Bars, Parallel Bars

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	N/A	<u>Pre-Elements</u> 0.1: Float Swing in Straddle or Pike (from board or floor, back to board or floor) (eligible for float element CR) <u>Mounts</u> 0.1: Jump to Front Support on LB (from board or block) 0.2: Circle Up <u>Upstarts</u> 0.2: Upstart on LB (not mount) <u>Casts</u> 0.1: Cast to 45° (half way to horizontal) 0.2: Cast to 90° (horizontal) <u>Close Bar Circle Elements</u> 0.2: Tucked Sole Circle 0.1: Mill Circle <u>Dismounts</u> 0.1: Climb or Squat on LB, Jump Off to Stand 0.1: Circle Forwards LB, Release to Stand 0.1: Cast Push off LB to Stand 0.2: Straddle / Pike Undershoot	<u>Mounts</u> 0.1: Jump to Front Support (from board or floor) <u>Upper Arm Elements</u> 0.1: Swing in Upper Arms (minimum 3) 0.2: Forward Roll to Upper Arm 0.2: Kip from Upper Arms 0.2: Back Uprise <u>Hold Elements</u> 0.1: Straddle Sit (2 secs) 0.2: Straddle Lever (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Shoulder Stand (2 secs) <u>Elements in Support</u> 0.1: Penguin Walks (minimum 3 hand steps) 0.1: Basic Swings (minimum 3) 0.1: Dip to 90° 0.1: ½ Pirouette in Support 0.2: Forward Roll to Straddle Sit <u>Dismounts</u> 0.1: Straight Support Hold Drop 0.1: Flank or Face Vault (forwards or backwards) 0.2: Swing Between Bars, Release to Land at End of Bars 0.2: Flank ½ Turn or Face Vault ½ Turn (forwards or backwards)
Barred Elements & Other Notes	Empty run with no contact of springboard or vault table = redo attempt with 1.00 penalty. Empty run with contact of springboard and/or vault table = no redo attempt with a 0 score. 2.00 penalty for coach support.	No elements on the HB are permitted. FIG Coded A element on LB may be repeated once for Difficulty Value. No deduction for casts not reaching handstand. Deductions for not reaching 45° and 90° respectively will be taken. No saltos including salto dismounts are not permitted.	No saltos including salto dismounts are permitted. No handstand elements are permitted. No deductions for 'empty' or 'intermediate' swings or for the height of swings, however all swings will still receive all other execution deductions where appropriate (shaping, etc.).

INTERMEDIATE - Vault, Asymmetric Bars, Parallel Bars

INTERMEDIATE - Floor, Artistic Floor, Beam

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B* = 0.20 Moves of higher value are not permitted. <i>*Dance elements only. I.e. leaps, jumps, hops, & spins on Artistic Floor and Beam worth value B allowed. No other value B moves permitted.</i>	Gymnasts may compete on up to 4 apparatus. The All Around score will be calculated by totalling the highest 3 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than an A are not permitted and no Difficulty Value, CR, or bonus will be given if they are performed, with the exception of dance elements (leaps, jumps, hops, & spins) on Artistic Floor and Beam, where B Value elements are permitted. No other value B moves are permitted and no elements above a value B are permitted. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Same element can only count once for DV EXCEPT on Bars and Pommel where FIG Coded A elements may be repeated once for Difficulty Value.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Floor FIG MAG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected elements; no salto or flight required. Performed on a 12m x 12m floor with no music. Saltos within the same box of the CoP can be performed separately and be awarded DV.	Artistic Floor FIG WAG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected elements; no salto or flight required. Performed on a 12m x 12m floor to music. Human voice may be used in music without the use of words e.g. humming, vocalising without words, whistling, chanting. Absence of music or music with words is a 1.00 penalty. Saltos within the same box of the CoP can be performed separately and be awarded DV.	Beam FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone aged 40+. A jersey style mat (depth 10cm) is allowed for dismounts.
Requirements	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): - Acro line with min 2 elements (non-flighted allowed) - Mixed series minimum 2 directly connected elements - A strength element or hold - Acro elements forwards / sideways & backwards (non-flighted allowed) - Flighted acro element Only A & listed uncoded elements allowed B or more – no DV	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): - Acro line with min 2 elements (non-flighted allowed) - Mixed series minimum 2 directly connected elements - A dance passage of 2 different leaps / jumps (1 with 135° - 180° split or straddle) - Acro elements forwards / sideways & backwards (non-flighted allowed) - Flighted acro element Only A, specified B*, & listed uncoded elements allowed B (excluding dance elements) or more – no DV *Dance elements only	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): - Spin on one foot - Connection 2 different dance elements - Leap or jump with 135° - 180° split or straddle - Acrobatic element on the beam - A dismount element Only A, specified B*, & listed uncoded elements allowed B (excluding dance elements) or more – no DV *Dance elements only

INTERMEDIATE - Floor, Artistic Floor, Beam

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	<u>Leaps, Jumps & Hops</u> 0.1: Cat Leap 0.1: Scissor Leap 0.1: Stretch Jump 0.1: Stretch Jump ½ Turn 0.1: Tuck Jump 0.1: Wolf Jump 0.1: Stag Leap or Jump 0.2: Split Leap or Jump 0.2: Stretch Jump 1/1 Turn 0.2: Tuck Jump ½ Turn 0.2: Straddle Jump 0.2: Pike Jump 0.2: Cat Leap ½ Turn 0.2: Wolf Jump ½ Turn <u>Turns</u> 0.2: 1/1 Spin on One Foot 0.2: Wolf ½ Turn <u>Acrobatic</u> 0.1: Forward Roll 0.1: Forward Roll to Straddle Stand 0.1: Backward Roll 0.1: Backward Roll to Straddle Stand 0.1: Cartwheel (Sideways) 0.1: Cartwheel (Front to Back) 0.1: Backward Roll to Front Support 0.1: Bridge Kickover 0.2: Handstand Forward Roll 0.2: One-Handed Cartwheel 0.2: Round Off 0.2: Backward Roll to Handstand 0.2: Backward Walkover 0.2: Tic Toc <u>Holds</u> 0.1: Japana or Pike Lie Flat (2 secs) 0.1: Headstand with Tucked/Straight Legs (2 secs) 0.2: Straddle Lever (2 secs) 0.2: Pike Lever (2 secs) 0.2: Tuck Planche (2 secs)	<u>Leaps, Jumps & Hops</u> 0.1: Stretch Jump 0.1: Stretch Jump ½ Turn 0.1: Tuck Jump 0.1: Star Jump 0.1: Hop on One Leg 0.1: Stag Leap 0.2: Tuck Jump ½ Turn 0.2: Cat Leap ½ Turn 0.2: Wolf Jump ½ Turn <u>Turns</u> 0.2: Wolf ½ Turn <u>Acrobatic</u> 0.1: Forward Roll 0.1: Forward Roll to Straddle Stand 0.1: Backward Roll 0.1: Backward Roll to Straddle Stand 0.1: Cartwheel (Sideways) 0.1: Cartwheel (Front to Back) 0.1: Bridge Kickover 0.2: Backward Roll to Front Support 0.2: Handstand Forward Roll 0.2: One-Handed Cartwheel 0.2: Backward Roll to Handstand 0.2: Forward Walkover 0.2: Backward Walkover 0.2: Tic Toc <u>Holds</u> 0.1: Japana or Pike Lie Flat (2 secs) 0.1: Headstand with Tucked/Straight Legs (2 secs) 0.1: Arabesque (2 secs) 0.1: Y-Balance (2 secs) 0.2: Splits (2 secs) 0.2: Straddle Lever (2 secs) 0.2: Pike Lever (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Handstand (2 secs)	<u>Mounts</u> 0.1: Jump to Support, Kick Leg Over 0.2: Squat On 0.2: Straight Jump 0.2: Handstand from Springboard to Rear Support <u>Leaps, Jumps & Hops</u> 0.1: Stretch Jump 0.1: Stretch Jump ¼ Turn 0.1: Changelment (Twiddle Jump) 0.1: Tuck Jump 0.1: Star Jump 0.1: Hop on One Leg 0.2: Stretch Jump ½ Turn 0.2: Stag Leap <u>Turns</u> 0.1: Standing Relevé ½ Turn 0.1: Crouched Relevé ½ Turn 0.2: ½ Spin on One Foot 0.2: Wolf ½ turn <u>Holds</u> 0.1: Stork/Stalk Balance (2 secs) 0.1: Tuck Lever (2 secs) 0.2: Arabesque (2 secs) 0.2: Y-Balance (2 secs) 0.2: Handstand (no hold) 0.2: Straddle or Pike Lever (2 secs) 0.2: Planche - One or Two Handed (not from mount) (2 secs) 0.2: Splits (not from mount) (2 secs) <u>Acrobatic Non-Flight</u> 0.2: Forward Roll to Land on Feet 0.2: Backward Roll to Legs Either Side of Beam or to Landing on One or Two Knees/Shins <u>Dismounts</u> 0.1: Stretch, Tuck, Star, or Straddle Jump 0.2: Cartwheel Rebounding Stretch Jump 0.2: Round Off 0.2: Handspring 0.2: Cartwheel to Handstand Drop Down (Side of Beam) 0.2: Stretch Jump ½ Turn 0.2: Run (minimum 2 steps) Rebound 2 Feet Jump (Stretch, Tuck, Star, or Straddle Shape)
Barred Elements & Other Notes	Only 1 salto permitted in routine. No straight saltos or twisting saltos are permitted. No deduction for lack of double salto. The gymnast must perform either a balance on one leg or a leap/jump with or without a turn to avoid a FIG 0.3 penalty.	Only 1 salto permitted in routine. No straight saltos or twisting saltos are permitted. No deduction for lack of double salto. You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.	Coaches are encouraged to be present for salto dismounts (coach presence for dismounts will not incur a deduction) . You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.

INTERMEDIATE - Floor, Artistic Floor, Beam

INTERMEDIATE - Horizontal Bar, Pommel Horse, Rings

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B* = 0.20 Moves of higher value are not permitted. <i>*Dance elements only. I.e. leaps, jumps, hops, & spins on Artistic Floor and Beam worth value B allowed. No other value B moves permitted.</i>	Gymnasts may compete on up to 4 apparatus. The All Around score will be calculated by totalling the highest 3 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than an A are not permitted and no Difficulty Value, CR, or bonus will be given if they are performed, with the exception of dance elements (leaps, jumps, hops, & spins) on Artistic Floor and Beam, where B Value elements are permitted. No other value B moves are permitted and no elements above a value B are permitted. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Same element can only count once for DV EXCEPT on Bars and Pommel where FIG Coded A elements may be repeated once for Difficulty Value.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Horizontal Bar	Pommel Horse	Rings
	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty.	As per FIG.	As per FIG, 1x30cm safety mat allowed for dismount.
Requirements	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): • Strength element • Close bar circle element • Swing element • Cast to minimum 90° (horizontal) • A dismount element Only listed uncoded elements allowed Coded elements of any value – no DV	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): • A single leg swing element (includes leg cut) • Front support position element • Back support position element • Strength element • A dismount element Only A & listed uncoded elements allowed B or more – no DV	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): • Swing element • Strength or hold element • Swing to strength element • Element involving inverted hang position • A dismount element Only A & listed uncoded elements allowed B or more – no DV

INTERMEDIATE - Floor, Artistic Floor, Beam

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	<u>Mounts</u> 0.1: Jump to Hang on HB (from board or floor) <u>Close Bar Circle Elements</u> 0.2: Circle Up 0.2: Upstart 0.2: Mill Circle 0.2: Back Hip Circle 0.2: Front Hip Circle <u>Swing Elements</u> 0.1: Fish Swings (3 minimum) 0.1: Basic Counterswings (2 minimum) <u>Casts</u> 0.1: Cast to 45° (half way to horizontal) 0.2: Cast to 90° (horizontal) <u>Strength Elements</u> 0.1: Leg Lift (toes to bar) 0.1: Chin Up (forwards or reverse grip) 0.1: Hang ½ Turn 0.1: Tuck Lever in Hang (2 secs) 0.2: Pike or Straddle Lever in Hang (2 secs) <u>Dismounts</u> 0.1: Straight Hang to Drop 0.2: Circle Forwards, Release to Stand 0.2: Straddle / Pike Undershoot	<u>Front Support Position Elements</u> 0.1: Jump to Front Support Mount 0.1: Single Leg Swings in Front Support (minimum 2) 0.1: Single Leg Cut (no swing required) <u>Back Support Position Elements</u> 0.1: Single Leg Swings in Back Support (minimum 2) 0.2: Squat Through to Back Support Mount <u>Strength Elements</u> 0.1: Tuck Lever (2 secs) 0.1: Straddle or Pike Lever (2 secs) 0.1: Tuck Planche (2 secs) 0.2: Side Planche (2 secs) 0.2: Straddle or Straight Planche (2 secs) <u>Dismount Elements</u> 0.1: Front or Back Support Push Off to Stand 0.2: Flank	<u>Mounts</u> 0.1: Jump to Hang on Rings (from board or floor) <u>Swing Elements</u> 0.1: Basic Swings in Hang (minimum 3) 0.1: Swing to Inverted Hang 0.2: Forward Roll to Hang <u>Strength & Hold Elements</u> 0.1: Hanging Tuck Lever (2 secs) 0.1: Hanging Pike or Straddle Lever (2 secs) 0.1: Chin-Up 0.1: German Hang (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Chin-Up in Pike Lever 0.2: Shoulder Stand (2 secs) 0.2: Muscle Up <u>Inverted Hang Elements</u> 0.1: Inverted Hang (2 secs) 0.1: Inverted Tuck (2 secs) 0.1: Inverted Pike Fold (2 secs) 0.2: Inverted Splits (2 secs) <u>Dismounts</u> 0.1: Straight Hang to Drop 0.1: German Hang to Drop 0.2: Swing to Land 0.2: Tuck Back Salto
Barred Elements & Other Notes	No FIG coded elements permitted. Only listed uncoded elements permitted. No deductions for 'empty' or 'intermediate' swings or for the height of swings, however all swings will still receive all other execution deductions where appropriate (shaping, etc.) Standing on the bar is not permitted. Handstands on the bar are not permitted. If the gymnast can perform a cast handstand then please enter the intervanced level. No deductions for 'empty' or 'intermediate' swings or for the height of swings, however all swings will still receive all other execution deductions where appropriate (shaping, etc.).	Standing on the pommel is not permitted. FIG Coded A elements may be repeated once for Difficulty Value If the gymnast can perform a Czech or Stockli then please enter the intervanced level.	No saltos permitted except tuck back salto dismount and pike back salto dismount. No straight saltos or twisting saltos are permitted. Handstand elements, swinging inlocates or dislocates are not permitted. No deduction for lack of swing to handstand. No deductions for 'empty' or 'intermediate' swings or for the height of swings, however all swings will still receive all other execution deductions where appropriate (shaping, etc.). If the gymnast can perform a handstand on the rings, swinging inlocate or dislocate then please enter the interadvanced level (slow inlocate from hang is permitted at intermediate). No deductions for 'empty' or 'intermediate' swings or for the height of swings, however all swings will still receive all other execution deductions where appropriate (shaping, etc.).

INTERMEDIATE - Floor, Artistic Floor, Beam

INTERVANCED - Vault, Asymmetric Bars, Parallel Bars

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B = 0.30 FIG C* = 0.30 Moves of higher value are not permitted. <i>*Dance elements only. i.e. leaps, jumps, hops, & spins on Artistic Floor and Beam worth value C allowed. No other value C moves permitted.</i>	Gymnasts may compete on up to 4 apparatus. The All Around score will be calculated by totalling the highest 3 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than a B are not permitted and no Difficulty Value, CR or bonus will be given if they are performed. There is an exception for dance elements (leaps, jumps, hops, & spins) on Artistic Floor and Beam worth Value C are permitted. No other value C moves are permitted and no elements above a value C are permitted. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Same element can only count once for DV EXCEPT on Bars and Pommel where FIG Coded A elements may be repeated once for Difficulty Value.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Vault FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible. Highest score of 2 performed vaults. No deduction if only 1 vault performed.	Asymmetric Bars FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty.	Parallel Bars As per FIG, 1x10cm safety mat allowed for dismount.
	Height of vault: 125cm or 135cm 1 x springboard Competitors aged 40+ may opt for a vault height of 115cm and/or use a trampette instead of a springboard without penalty. DV 2.40 Handspring ½ Off ½ On, ½ Off DV 2.20 Yamashita DV 2.00 Handspring ½ On DV 1.60 Squat Through Straddle Over	A Gymnast should fulfil 3 of the 4 CR's (0.50 awarded per CR, up to a maximum of 1.50): • An upstart (either mount, or on LB, or on HB) • Close bar circle element (excluding dismount) • Cast to minimum 90° (horizontal) • A dismount element Only A, B, & listed uncoded elements allowed C or more – no DV	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): • An upper arm element • An underswing or long swing in hang element • A static hold element • A swinging element in support • A dismount element Only A, B, & listed uncoded elements allowed C or more – no DV

INTERMEDIATE - Floor, Artistic Floor, Beam

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	N/A	<u>Mounts</u> 0.1: Jump to Front Support on LB (from board or block) 0.2: Circle Up <u>Upstarts</u> 0.2: Upstart on LB (not mount) 0.2: Upstart on HB (not mount) <u>Close Bar Circle Elements</u> 0.2: Tucked Sole Circle <u>Transition LB to HB Elements</u> 0.1: Squat On, Jump to Catch HB <u>Giant Circles</u> 0.2: Baby Giant to Front Support <u>Dismounts</u> 0.1: Circle Forwards, Release to Stand 0.2: Straddle / Pike Undershoot	<u>Upper Arm Elements</u> 0.2: Forward Roll to Upper Arm 0.2: Kip from Upper Arms 0.2: Back Uprise <u>Hold Elements</u> 0.1: Straddle Lever (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Shoulder Stand (2 secs) <u>Elements in Support</u> 0.1: ½ Pirouette in Support 0.2: Forward Roll to Straddle Sit <u>Dismounts</u> 0.1: Flank or Face Vault (forwards or backwards) 0.2: Flank ½ Turn or Face Vault ½ Turn (forwards or backwards) 0.2: Tuck Back Salto from End or Off Side of Bars
Barred Elements & Other Notes	Empty run with no contact of springboard or vault table = redo attempt with 1.00 penalty. Empty run with contact of springboard and/or vault table = no redo attempt with a 0 score. 2.00 penalty for coach support.	FIG Coded A element may be repeated once for Difficulty Value. No double saltos including double salto dismounts are permitted. No twisting saltos including twisting saltos dismounts are permitted. No coded release and catch elements or coded transition from HB/LB or LB to HB elements (with the exception of Mo) are permitted. No coded giant circles are permitted. No deduction for jumping from LB to HB. Coaches are encouraged to be present for salto dismounts and transitions between the bars (coach presence for dismounts will not incur a deduction).	No double saltos including double salto dismounts are permitted. No twisting saltos including twisting saltos dismounts are permitted. No deduction for lack of swing to handstand.

INTERVANCED - Floor, Artistic Floor, Beam

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B = 0.30 FIG C* = 0.30 Moves of higher value are not permitted. <i>*Dance elements only. I.e. leaps, jumps, hops, & spins on Artistic Floor and Beam worth value C allowed. No other value C moves permitted.</i>	Gymnasts may compete on up to 4 apparatus. The All Around score will be calculated by totalling the highest 3 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than a B are not permitted and no Difficulty Value, CR or bonus will be given if they are performed. There is an exception for dance elements (leaps, jumps, hops, & spins) on Artistic Floor and Beam worth Value C are permitted. No other value C moves are permitted and no elements above a value C are permitted. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Same element can only count once for DV EXCEPT on Bars and Pommel where FIG Coded A elements may be repeated once for Difficulty Value.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Floor FIG MAG Floor Regulations Salto within the same box of the CoP can be performed separately and be awarded DV.	Artistic Floor FIG WAG Floor Regulations Salto within the same box of the CoP can be performed separately and be awarded DV.	Beam FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone aged 40+. A jersey style mat (depth 10cm) is allowed for dismounts.
	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ Acro line with min 2 elements (min 1 flighted acro element) ▪ Mixed series minimum 2 directly connected elements ▪ A strength element or hold ▪ Flighted acro elements forwards or sideways ▪ Flighted acro element backwards Only A, B, & listed uncoded elements allowed C or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ Acro line with min 2 elements (min 1 flighted acro element) ▪ Mixed series minimum 2 directly connected elements ▪ A dance passage of 2 different leaps / jumps (1 with 135° - 180° split or straddle) ▪ Flighted acro elements forwards or sideways ▪ Flighted acro element backwards Only A, B, specified C*, & listed uncoded elements allowed C (excluding dance elements) or more – no DV *Dance elements only	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ Spin on one foot ▪ Connection 2 different dance elements ▪ Leap or jump with 135° - 180° split or straddle ▪ Acrobatic element on the beam ▪ A dismount element Only A, B, specified C*, & listed uncoded elements allowed C (excluding dance elements) or more – no DV *Dance elements only

INTERVANCED - Floor, Artistic Floor, Beam

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	<u>Leaps, Jumps & Hops</u> 0.1: Cat Leap 0.1: Wolf Jump or Pike Jump 0.1: Straddle Jump 0.2: Split Leap or Jump 0.2: Stretch Jump 1/1 Turn 0.2: Tuck Jump ½ Turn 0.2: Cat Leap ½ Turn <u>Turns</u> 0.2: 1/1 Spin on One Foot 0.2: Wolf ½ Turn <u>Acrobatic</u> 0.1: Handstand Forward Roll 0.1: One-Handed Cartwheel 0.1: Round Off 0.2: Backward Roll to Handstand 0.2: Backward Walkover 0.2: Tic Toc <u>Holds</u> 0.2: Straddle or Pike Lever (2 secs) 0.2: Tuck Planche (2 secs)	<u>Leaps, Jumps & Hops</u> 0.2: Tuck Jump ½ Turn 0.2: Cat Leap ½ Turn <u>Turns</u> 0.2: Wolf ½ Turn <u>Acrobatic</u> 0.1: Handstand Forward Roll 0.1: One-Handed Cartwheel 0.2: Backward Roll to Handstand 0.2: Forward Walkover 0.2: Backward Walkover 0.2: Tic Toc <u>Holds</u> 0.1: Arabesque or Y-Balance (2 secs) 0.2: Splits (2 secs) 0.2: Straddle or Pike Lever (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Handstand (2 secs)	<u>Mounts</u> 01: Jump to Support, Kick Leg Over 0.2: Squat On 0.2: Straight Jump 0.2: Handstand from Springboard to Rear Support <u>Leaps, Jumps & Hops</u> 0.1: Tuck Jump 0.2: Stretch Jump ½ Turn 0.2: Stag Leap <u>Turns</u> 0.1: ½ Spin on One Foot 0.2: Wolf ½ turn <u>Holds</u> 0.1: Arabesque or Y-Balance (2 secs) 0.2: Straddle or Pike Lever (2 secs) 0.2: Planche - One or Two Handed (not from mount) (2 secs) 0.2: Splits (not from mount) (2 secs) <u>Acrobatic Non-Flight</u> 0.2: Forward Roll to Land on Feet 0.2: Backward Roll to Legs Either Side of Beam or to Landing on One or Two Knees/Shins <u>Dismounts</u> 0.1: Round Off 0.2: Handspring
Barred Elements & Other Notes	No double saltos are permitted. No deduction for lack of double salto. No twisting saltos including twisting saltos dismounts are permitted. Maximum one salto per acro line. For example, a gymnast cannot compete a salto walkout, round off, back salto in the same acro line, but can compete the front salto and (round off) back salto in separate passes. The gymnast must perform either a balance on one leg or a leap/jump with or without a turn to avoid a FIG 0.3 penalty.	No double saltos are permitted. No deduction for lack of double salto. No twisting saltos including twisting saltos dismounts are permitted. Maximum one salto per acro line. For example, a gymnast cannot compete a salto walkout, round off, back salto in the same acro line, but can compete the front salto and (round off) back salto in separate passes. You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.	No double salto dismounts are permitted. No twisting saltos including twisting saltos dismounts are permitted. Coaches are encouraged to be present for salto dismounts (coach presence for dismounts will not incur a deduction). You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.

INTERVANCED - Floor, Artistic Floor, Beam

INTERVANCED - Horizontal Bar, Pommel Horse, Rings

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B = 0.30 FIG C* = 0.30 Moves of higher value are not permitted. <i>*Dance elements only. I.e. leaps, jumps, hops, & spins on Artistic Floor and Beam worth value C allowed. No other value C moves permitted.</i>	Gymnasts may compete on up to 4 apparatus. The All Around score will be calculated by totalling the highest 3 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than a B are not permitted and no Difficulty Value, CR or bonus will be given if they are performed. There is an exception for dance elements (leaps, jumps, hops, & spins) on Artistic Floor and Beam worth Value C are permitted. No other value C moves are permitted and no elements above a value C are permitted. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Same element can only count once for DV EXCEPT on Bars and Pommel where FIG Coded A elements may be repeated once for Difficulty Value.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Horizontal Bar FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty.	Pommel Horse As per FIG.	Rings As per FIG, 1x30cm safety mat allowed for dismount.
	Requirements A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): • Close bar circle element • Swing element • Cast to minimum 90° (horizontal) • Strength element • A dismount element Only A, B, & listed uncoded elements allowed C or more – no DV	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): ▪ A single leg swing element (includes leg cut) ▪ Front support position element ▪ Back support position element ▪ Strength element ▪ A dismount element Only A, B, & listed uncoded elements allowed C or more – no DV	A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50): ▪ Swing element ▪ Strength or hold element ▪ Swing to strength element ▪ Element involving inverted hang position ▪ A dismount element Only A, B, & listed uncoded elements allowed C or more – no DV

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	<u>Mounts</u> 0.1: Jump to Hang on HB (from board or floor) <u>Close Bar Elements</u> 0.1: Circle Up 0.1: Back Hip Circle 0.1: Front Hip Circle 0.2: Upstart 0.2: Toe On Toe Off to Handstand <u>Swing Elements</u> 0.1: Basic Counterswings (minimum 2) <u>Casts</u> 0.2: Cast to 90° (horizontal) <u>Strength Elements</u> 0.1: Hang ½ Turn 0.1: Pike or Straddle Lever in Hang (2 secs) <u>Dismounts</u> 0.1: Circle Forwards, Release to Stand 0.2: Straddle / Pike Undershoot 0.2: Tuck Back Salto	<u>Front Support Position Elements</u> 0.1: Jump to Front Support Mount 0.1: Single Leg Cut (no swing required) 0.2: Single Leg Swings in Front Support (minimum 2) <u>Back Support Position Elements</u> 0.2: Squat Through to Back Support Mount 0.2: Single Leg Swings in Back Support (minimum 2) <u>Strength Elements</u> 0.1: Straddle or Pike Lever (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Side Planche (2 secs) 0.2: Straddle or Straight Planche (2 secs) <u>Dismount Elements</u> 0.1: Front or Back Support Push Off to Stand 0.2: Flank	<u>Swing Elements</u> 0.2: Forward Roll to Hang <u>Strength & Hold Elements</u> 0.1: Hanging Pike or Straddle Lever (2 secs) 0.1: German Hang (2 secs) 0.2: Tuck Planche (2 secs) 0.2: Shoulder Stand (2 secs) 0.2: Muscle Up <u>Inverted Hang Elements</u> 0.1: Inverted Hang (2 secs) 0.1: Inverted Pike Fold (2 secs) 0.2: Inverted Splits (2 secs) <u>Dismounts</u> 0.1: Swing to Land 0.1: German Hang to Drop 0.2: Tuck Back Salto
Barred Elements & Other Notes	Standing on the bar is not permitted. No double saltos including double salto dismounts are permitted. No twisting saltos dismounts are permitted. No release and catch moves are permitted. No giant circles permitted. If the gymnast can giant, please enter the advanced level. No deductions for 'empty' or 'intermediate' swings or for the height of swings, however all swings will still receive all other execution deductions where appropriate (shaping, etc.).	Standing on the pommel is not permitted. FIG Coded A elements may be repeated once for Difficulty Value.	No double saltos including double salto dismounts are permitted. No twisting salto dismounts are permitted. No deduction for lack of swing to handstand. Empty swing deductions and swing height deductions shall be taken except when competing the swing to land dismount. Shape deductions in all swings will be taken.

INTERVANCED - Horizontal Bar, Pommel Horse, Rings

ADVANCED - Vault, Asymmetric Bars, Parallel Bars

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B = 0.30 FIG C = 0.40 Moves of higher value are not permitted.	Gymnasts may compete on up to 5 apparatus. The All Around score will be calculated by totalling the highest 4 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than a C are not permitted and no Difficulty Value, CR or bonus will be given if they are performed. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Repeated elements will not be counted for DV.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Vault	Asymmetric Bars	Parallel Bars
	FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible. Highest score of 2 performed vaults. No deduction if only 1 vault performed.	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty.	As per FIG, 1x10cm safety mat allowed for dismount.
Requirements	Height of vault: 125cm or 135cm 1 x springboard Competitors aged 40+ may opt for a vault height of 115cm and/or use a trampette instead of a springboard without penalty. DV 3.00 Tsukahara Tucked Yurchenko Tucked DV 2.60 Handspring 1/1 Off ½ On, 1/1 Off Yamashita ½ Off Round Off Flic DV 2.40 Handspring ½ Off ½ On, ½ Off DV 2.20 Yamashita DV 2.00 Handspring ½ On	<i>A Gymnast should fulfil 3 of the 4 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> • An upstart (mount, on LB, or on HB) • Close bar circle element (excluding dismount) • Cast to minimum 90° (horizontal) • A dismount element Only A, B, C, & listed uncoded elements allowed D or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> • An upper arm element • An underswing or long swing in hang element • A static hold element • A swinging element in support • A dismount element Only A, B, C, & listed uncoded elements allowed D or more – no DV

ADVANCED - Vault, Asymmetric Bars, Parallel Bars

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	N/A	<u>Mounts</u> 0.1: Circle Up <u>Upstarts</u> 0.2: Upstart on LB 0.2: Upstart on HB <u>Close Bar Circle Elements</u> 0.2: Tucked Sole Circle <u>Transition LB to HB Elements</u> 0.1: Squat On, Catch HB <u>Giant Circles</u> 0.1: Baby Giant to Front Support 0.2: Baby Giant, Clear to Swing (¾ Giant) <u>Dismounts</u> 0.1: Straddle / Pike Undershoot	<u>Upper Arm Elements</u> 0.2: Kip from Upper Arms 0.2: Back Uprise <u>Dismounts</u> 0.1: Flank or Face Vault (forwards or backwards) 0.2: Flank ½ Turn or Face Vault ½ Turn (forwards or backwards) 0.2: Tuck Back Salto
Barred Elements & Other Notes	Empty run with no contact of springboard or vault table = redo attempt with 1.00 penalty Empty run with contact of springboard and/or vault table = no redo attempt with a 0 score 2.00 penalty for coach support.	No double saltos including double salto dismounts are permitted. No twisting saltos above 1/1 including twisting saltos above 1/1 dismounts are permitted. ½ and 1/1 twisting salto dismounts are permitted. No coded release and catch elements or coded transition from HB/LB or LB to HB elements (with the exception of Mo) are permitted. No deduction for jumping from LB to HB. Coaches are encouraged to be present for salto dismounts and transitions between the bars (coach presence for dismounts will not incur a deduction).	No double saltos including double salto dismounts are permitted. No twisting saltos above 1/1 including twisting saltos above 1/1 dismounts are permitted. ½ and 1/1 twisting salto dismounts are permitted.

ADVANCED - Floor, Artistic Floor, Beam

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B = 0.30 FIG C = 0.40 Moves of higher value are not permitted.	Gymnasts may compete on up to 5 apparatus. The All Around score will be calculated by totalling the highest 4 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than a C are not permitted and no Difficulty Value, CR or bonus will be given if they are performed. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Repeated elements will not be counted for DV.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Floor	Artistic Floor	Beam
	FIG MAG Floor Regulations Saltos within the same box of the CoP can be performed separately and be awarded DV.	FIG WAG Floor Regulations Saltos within the same box of the CoP can be performed separately and be awarded DV.	FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone aged 40+. A jersey style mat (depth 10cm) is allowed for dismounts
Requirements	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ Acro line with min 2 elements (min 1 flighted acro element) ▪ Mixed series minimum 3 directly connected elements ▪ A strength element or hold ▪ Flighted acro elements forwards or sideways ▪ Flighted acro element backwards Only A, B, C, & listed uncoded elements allowed D or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ Acro line with min 2 elements (min 1 flighted acro element) ▪ Mixed series minimum 3 directly connected elements ▪ A dance passage of 2 different leaps / jumps (1 with 135° - 180° split or straddle) ▪ Flighted acro elements forwards or sideways ▪ Flighted acro element backwards Only A, B, C, & listed uncoded elements allowed D or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ Spin on one foot ▪ Connection 2 different dance elements, one being a leap or jump with 135° - 180° split or straddle ▪ Connection 2 acrobatic element on the beam ▪ Flighted acrobatic element on the beam ▪ A dismount element Only A, B, C, & listed uncoded elements allowed D or more – no DV

ADVANCED - Floor, Artistic Floor, Beam

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	<u>Leaps, Jumps & Hops</u> 0.1: Cat Leap 0.1: Wolf or Pike Jump 0.1: Straddle Jump 0.2: Split Leap or Jump 0.2: Stretch Jump 1/1 Turn <u>Turns</u> 0.2: 1/1 Spin on One Foot <u>Acrobatic</u> 0.1: Round Off 0.1: Backward Roll to Handstand 0.2: Backward Walkover to Splits	<u>Acrobatic</u> 0.2: Backward Roll to Handstand 0.2: Backward Walkover to Splits <u>Holds</u> 0.1: Arabesque or Y-Balance (2 secs) 0.2: Elephant Lift with Handstand Hold (2 secs) 0.2: Splits (2 secs) & Press to Handstand (2 secs)	<u>Mounts</u> 0.1: Squat On 0.1: Straight Jump 0.2: Handstand from Springboard to Rear Support <u>Leaps, Jumps & Hops</u> 0.1: Tuck Jump 0.1: Stretch Jump ½ Turn <u>Turns</u> 0.1: Wolf ½ turn <u>Holds</u> 0.1: Straddle or Pike Lever (2 secs) 0.2: Planche - One or Two Handed (not from mount) (2 secs) 0.2: Splits (not from mount) (2 secs) <u>Acrobatic Non-Flight</u> 0.2: Forward Roll to Land on Feet 0.2: Backward Roll to Landing on One or Two Knees/Shins
Barred Elements & Other Notes	No double saltos are permitted. No deduction for lack of double salto. No twisting saltos above 2/1 are permitted. ½, 1/1, 3/2, and 2/1 twisting saltos are permitted. The gymnast must perform either a balance on one leg or a leap/jump with or without a turn to avoid a FIG 0.3 penalty.	No double saltos are permitted. No deduction for lack of double salto. No twisting saltos above 2/1 are permitted. ½, 1/1, 3/2, and 2/1 twisting saltos are permitted. You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.	No double saltos including double salto dismounts are permitted. No twisting saltos above 1/1 including twisting salto dismounts above 1/1 are permitted. ½ and 1/1 twisting salto dismounts are permitted. Coaches are encouraged to be present for salto dismounts (coach presence for dismounts will not incur a deduction). You are not required to have '3 dance, 3 acro, 2 optional' elements as stated in FIG. Elements can be of any type. FIG Artistry deductions apply.

ADVANCED - Horizontal Bar, Pommel Horse, Rings

Uncoded = 0.10 or 0.20 FIG A = 0.20 FIG B = 0.30 FIG C = 0.40 Moves of higher value are not permitted.	Gymnasts may compete on up to 5 apparatus. The All Around score will be calculated by totalling the highest 4 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Beam, A-Bars, Rings, P-Bars, Pommel, High Bar - 8 highest elements including dismount Artistic Floor, Floor - 8 highest elements Elements higher than a C are not permitted and no Difficulty Value, CR or bonus will be given if they are performed. Uncoded elements as listed below will be recognised and awarded 0.10 or 0.20 each. Repeated elements will not be counted for DV.		
Short Routine Penalties	On Beam, A-Floor, Floor, Rings, P-Bars & H-Bar an exercise with <u>less than 6 elements</u> will be deducted 1.00 for each missing element. On A-Bars and Pommel, an exercise with <u>less than 5 elements</u> will be deducted 1.00 for each missing element.		
Apparatus	Horizontal Bar FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty.	Pommel Horse As per FIG.	Rings As per FIG, 1x30cm safety mat allowed for dismount.
Requirements	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> • Close bar circle element • Swing element • Cast to minimum 90° (horizontal) • Strength element • A dismount element Only A, B, C, & listed uncoded elements allowed D or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ A single leg swing element (includes leg cut) ▪ Front support position element ▪ Back support position element ▪ Strength element ▪ A dismount element Only A, B, C, & listed uncoded elements allowed D or more – no DV	<i>A Gymnast should fulfil 3 of the 5 CR's (0.50 awarded per CR, up to a maximum of 1.50):</i> ▪ Swing element ▪ Strength or hold element ▪ Swing to strength element ▪ Element involving inverted hang position ▪ A dismount element Only A, B, C, & listed uncoded elements allowed D or more – no DV

Uncoded Permitted Elements (receive 0.1 or 0.2 DV)	<u>Close Bar Circle Elements</u> 0.1: Circle Up 0.2: Upstart 0.2: Toe On Toe Off to Handstand <u>Swing Elements</u> 0.1: Baby Giant to Front Support 0.2: Baby Giant, Clear to Swing (¾ Giant) <u>Casts</u> 0.1: Cast to 90° (horizontal) <u>Strength Elements</u> 0.1: Hang ½ Turn <u>Dismounts</u> 0.1: Straddle / Pike Undershoot 0.2: Tuck Back Salto	<u>Front Support Position Elements</u> 0.1: Single Leg Cut (no swing required) 0.2: Single Leg Swings in Front Support (minimum 2) <u>Back Support Position Elements</u> 0.2: Squat Through to Back Support Mount 0.2: Single Leg Swings in Back Support (minimum 2) <u>Strength Elements</u> 0.1: Straddle or Pike Lever (2 secs) 0.2: Tuck or Side Planche (2 secs) 0.2: Straddle or Straight Planche (2 secs) <u>Dismounts</u> 0.1: Front or Back Support Push Off to Stand 0.2: Flank	<u>Swing Elements</u> 0.2: Forward Roll to Hang <u>Strength & Hold Elements</u> 0.1: Tuck Planche (2 secs) 0.2: Shoulder Stand (2 secs) 0.2: Muscle Up <u>Inverted Hang Elements</u> 0.1: Inverted Splits (2 secs) <u>Dismounts</u> 0.2: Tuck Back Salto
Barred Elements & Other Notes	No double saltos including double salto dismounts are permitted. No twisting saltos above 1/1 including twisting saltos dismounts above 1/1 are permitted. ½ and 1/1 twisting salto dismounts are permitted. No release and catch moves are permitted. Standing on the bar is not permitted.	Standing on the pommel is not permitted.	No double saltos including double salto dismounts are permitted. No twisting saltos above 1/1 including twisting saltos dismounts above 1/1 are permitted. ½ and 1/1 twisting salto dismounts are permitted. The gymnast must perform a swing to handstand to avoid a FIG 0.3 penalty.

ELITE - All Apparatus

FIG A = 0.10 FIG B = 0.20 FIG C = 0.30 FIG D = 0.40 ... etc.	Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Women's Artistic Gymnastics for Vault, A-Bars, Beam and A-Floor. Full WAG Code of Points.pdf Elements will be given Difficulty Value according to Rules & Regulations FIG Code of Points [2025- 2028] Men's Artistic Gymnastics for Floor, Pommel, Rings, P-Bars and H-Bar. Full MAG Code of Points.pdf Rules and Regulations are as FIG 2025-2028 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. Gymnasts may compete in up to 6 apparatus. The All Around score will be calculated by totalling the highest 4 apparatus scores of those competed. All apparatus options are open to everyone regardless of gender identity. Connection Value (CV) bonuses will not be awarded.
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DISABILITY - All Apparatus

Gymnasts competing in the Disability category can choose Option A or Option B. <u>Option A</u> Gymnasts choosing Option A will be scored against all gymnasts within the level they choose (Novice - Elite) with possible accommodations. <u>Option B</u> Gymnasts choosing Option B will be scored separately and can choose to compete Disability 1 or Disability 2 with possible accommodations. The Difficulty Score (DV of elements and CR bonuses) for Disability 1 and Disability 2 levels will not be used to determine Apparatus or All Around scores. Disability 1: Use the Novice or Intermediate rules and compete up to 3 apparatus with the top 2 counting towards the AA score. Disability 2: Use the Intervanced or Advanced rules and compete up to 4 apparatus with the top 3 counting towards the AA score. <u>Accommodations</u> Accommodations are available to all gymnasts competing in the Disability category, regardless of whether they choose Option A or Option B. These accommodations can be requested in advance of the competition without penalty, A non-exhaustive list of possible accommodations that can be requested prior to the competition: • Place non-damaging tape on the apparatus to mark out key points where safe. Tape may be of any colour. • Make use of coloured spots or markers on the apparatus. • Have any or no music or audio being played paused for the duration of their performance. • Avoid penalisation for aspects of execution which cannot be controlled by the gymnast (e.g. being unable to point toes due to disability). • Performing 2 vaults between other gymnasts' performances. • Avoid deduction for pausing/hesitation and/or interruption of exercise and/or avoid time penalties. • Utilise additional matting around the apparatus. This list is non-exhaustive and everyone is welcome to request additional accommodations prior to the competition.

ELITE - All Apparatus & DISABILITY - All Apparatus

Glossary of Gymnastics Terminology Definitions

<u>Term</u>	<u>Definition</u>
General Warm Up	Physical warming up and stretching (no use of apparatus)
Apparatus Warm Up	Warming up routines and skills on the apparatus
Uncoded Elements	List of elements not contained in the FIG Code of Points that are permitted to be competed
Coded Elements	Elements contained within the FIG Code of Points
Dance Elements	Leaps, jumps, hops, & spins
Dance Passage	Dance elements that are indirectly connected but with continuous movement. E.G. split leap and cat leap connected with chasse in between
Directly Connected	An element connected immediately into another element with nothing in between. E.G. connecting a tuck jump and pike jump using the rebound of the tuck jump as the start of the pike jump
Mixed Series	At least 1 acro element and 1 dance element. E.G. Round off connected to star jump, or scissor leap connected to cartwheel, or forward roll connected to a hop on one leg
Acro Line	2+ acro elements connected in the same pass. E.G. Round off connected to back tuck, or handspring connected to front tuck, or forward roll connected to cartwheel
Salto	A somersault (flighted acro element where hands do not touch the ground)
Artistry	Deductions applicable to all levels of Beam and Artistic Floor
Floor	Floor without music (similar to traditional MAG floor)
Artistic Floor	Floor with music (similar to traditional WAG floor)
Difficulty Value	The value of an element awarded to a gymnast for completing it
Compositional Requirements (CRs)	Bonuses worth 0.5 each based on achieving specific element-based requirements
Difficulty Score	The Difficulty Value of your 8 highest elements + CR bonuses (up to 1.5)

Artistic FIG Code of Points - Guidance

1. The coded elements for Artistic Floor, Beam, and Asymmetric Bars can be found in the FIG Women's Artistic Gymnastics Code of Points (WAG CoP):
[Full WAG Code of Points.pdf](#)
 - a. **Artistic Floor:** Pages 148-169
 - b. **Beam:** Pages 107-147
 - c. **Asymmetric Bars:** Pages 71-106
2. The coded elements for Floor, Rings, Parallel Bars, Pommel Horse, and Horizontal Bar can be found in the FIG Men's Artistic Gymnastics Code of Points (MAG CoP):
[Full MAG Code of Points.pdf](#)
 - a. **Floor:** Pages 28-38
 - b. **Parallel Bars:** Pages 96-113
 - c. **Rings:** Pages 63-79
 - d. **Pommel Horse:** Pages 47-58
 - e. **Horizontal Bar:** Pages 119-135
3. Other helpful extracts from the CoP you may find helpful in reviewing are:
 - a. General Deductions for Artistic Floor, Vault, Beam, Asymmetric Bars:
 [General Deductions for AFX, VT, BB, AB.pdf](#)
 - b. Specific Deductions for Artistic Floor:  [AFX Deductions.pdf](#)
 - c. Specific Deductions for Vault:  [VT Deductions.pdf](#)
 - d. Specific Deductions for Beam:  [BB Deductions.pdf](#)
 - e. Specific Deductions for Asymmetric Bars:  [AB Deductions.pdf](#)
 - f. General Deductions for Floor, Rings, Parallel Bars, Pommel Horse, Horizontal Bar:
 [General Deductions for FX, SR, PB, PH, HB.pdf](#)
 - g. Specific Deductions for Floor:  [FX Deductions.pdf](#)
 - h. Specific Deductions for Rings:  [SR Deductions.pdf](#)
 - i. Specific Deductions for Parallel Bars:  [PB Deductions.pdf](#)
 - j. Specific Deductions for Pommel Horse:  [PH Deductions.pdf](#)
 - k. Specific Deductions for Horizontal Bar:  [HB Deductions.pdf](#)
 - l. Guidance for Ideal Performance of Elements:
 [Guidance for Ideal Performance of Elements.pdf](#)
4. The coded elements for each apparatus can be found in the relevant CoP. Below are links to the coded Table of Elements for each apparatus individually for ease of use.
5. The Table of Elements are structured in Element Groups (e.g. strength elements, spins, dismounts, etc.) with each element being worth a value A, B, C... etc.

Artistic FIG Code of Points - Tables of Elements

Artistic Floor  CoP Table of Elements - Artistic Floor.pdf			
Novice	Intermediate	Intervanced	Advanced
A elements permitted. B+ elements barred. Flight elements barred except Dive/Hecht Roll and Round Off.	A elements and B dance elements* permitted. <i>*dance elements = leaps, jumps, hops, and spins.</i> All other B+ elements barred. Max 1 salto per routine. Straight saltos and twisting saltos elements barred.	A & B elements, and C dance elements* permitted. <i>*dance elements = leaps, jumps, hops, and spins.</i> All other C+ elements barred. Max 1 salto per acro line. Double salto and twisting salto elements barred.	A, B, & C elements permitted. D+ elements barred. Double salto and twisting salto elements above 2/1 barred.

Floor <u>CoP</u> Table of Elements - Floor.pdf			
Novice	Intermediate	Intervanced	Advanced
A elements permitted. B+ elements barred. Flight elements barred except Dive/Hecht Roll and Round Off.	A elements permitted. B+ elements barred. Max 1 salto permitted. Straight saltos and twisting saltos elements barred.	A & B elements permitted. C+ elements barred. Max 1 salto per acro line. Double salto and twisting salto elements barred.	A, B, & C elements permitted. D+ elements barred. Double salto and twisting salto elements above 2/1 barred.

Beam  CoP Table of Elements - Beam.pdf			
Novice	Intermediate	Intervanced	Advanced
A elements permitted. B+ elements barred.	A elements and B dance elements* permitted. <i>*dance elements = leaps, jumps, hops, and spins.</i> All other B+ elements barred. Straight salto and twisting salto elements barred.	A & B elements, and C dance elements* permitted. <i>*dance elements = leaps, jumps, hops, and spins.</i> All other C+ elements barred. Double salto and twisting salto elements including dismounts barred.	A, B, & C elements permitted. D+ elements barred. Double salto and twisting salto elements including dismounts above 1/1 barred.

Asymmetric Bars  CoP Table of Elements - Asymmetric Bars.pdf			
Novice	Intermediate	Intervanced	Advanced
N/A	Low bar routine only. A elements permitted and repeatable once for DV. B+ elements barred. Salto elements including salto dismounts barred.	A elements permitted and repeatable once for DV. B+ elements permitted. C+ elements barred. Double salto and twisting salto elements including dismounts barred. Release and catch elements and coded transitions between bars elements barred except Mo. Giant circle elements barred.	A, B, & C elements permitted. D+ elements barred. Double salto and twisting salto elements above 1/1 including dismounts barred. Release and catch elements and coded transitions between bars elements barred except Mo.

Rings <u>CoP Table of Elements - Rings.pdf</u>			
Novice	Intermediate	Intervanced	Advanced
N/A	A elements permitted. B+ elements barred. Salto elements barred except pike back dismount and uncoded tuck back dismount. Handstand elements, inlocates, and dislocates barred.	A & B elements permitted. C+ elements barred. Double salto and twisting salto elements including dismounts barred.	A, B, & C elements permitted. D+ elements barred. Double salto and twisting salto elements above 1/1 including dismounts barred.

Parallel Bars <u>CoP Table of Elements - Parallel Bars.pdf</u>			
Novice	Intermediate	Intervanced	Advanced
N/A	A elements permitted. B+ elements barred. Salto elements including salto dismounts barred. Handstand elements barred.	A & B elements permitted. C+ elements barred. Double salto and twisting salto elements including dismounts barred.	A, B, & C elements permitted. D+ elements barred. Double salto and twisting salto elements above 1/1 including dismounts barred.

Pommel Horse <u>CoP Table of Elements - Pommel Horse.pdf</u>			
Novice	Intermediate	Intervanced	Advanced
N/A	A elements permitted and repeatable once for DV. B+ elements barred.	A elements permitted and repeatable once for DV. B elements permitted. C+ elements barred.	A, B, & C elements permitted. D+ elements barred.

Horizontal Bar <u>CoP Table of Elements - Horizontal Bar.pdf</u>			
Novice	Intermediate	Intervanced	Advanced
N/A	All coded elements barred.	A & B elements permitted. C+ elements barred. Double salto and twisting salto elements including dismounts barred. Release and catch elements barred. Giant circle elements barred.	A, B, & C elements permitted. D+ elements barred. Double salto and twisting salto elements including dismounts above 1/1 barred. Release and catch elements barred.